

Heartsaver CPR: Adult CPR Scenarios—A

Purpose: Management of adult cardiac arrest requiring the performance of CPR with bystanders present. The victim is supported until the arrival of EMS personnel with a defibrillator. The victim is defibrillated and begins to move while being loaded into the ambulance.

Setup: Assign 1 participant to function as a rescuer, 1 as a 911 caller, and 1 as an observer.

Scenario	Scenario Assignments/ Discussion	Assessment Findings	Expected Rescuer Actions
1-rescuer adult CPR—A <ul style="list-style-type: none"> Cardiac arrest Bystander present Rescuer establishes unresponsiveness and directs bystander to call 911 Rescuer performs 1-person CPR for 1 minute After 1 minute no signs of circulation are present and CPR is continued EMS personnel arrive with AED and victim is defibrillated and begins moving 	<p>First Round</p> <p>Rescuer: Participant 1 or 4</p> <p>911 call: Participant 2 or 5</p> <p>Observer: Participant 3 or 6</p> <p>Second Round</p> <p>Rescuer: Participant 2 or 5</p> <p>911 call: Participant 3 or 6</p> <p>Observer: Participant 1 or 4</p> <p>Third Round</p> <p>Rescuer: Participant 3 or 6</p> <p>911 call: Participant 1 or 4</p> <p>Observer: Participant 2 or 5</p> <ul style="list-style-type: none"> You are a police officer/first responder who has been summoned to an office building in response to a 911 call. You encounter a 45-year-old male who has collapsed behind his desk. You are a security guard on duty in the mall. A 55-year-old female suddenly collapses in front of you. You are a high school teacher/coach/athletic trainer who is in the gym when a 17-year-old male who was playing basketball suddenly collapses to the floor. 	<ul style="list-style-type: none"> Unresponsive Not breathing Signs of circulation absent Signs of circulation absent EMS personnel arrive and attach AED; a shock is indicated, and 	<ul style="list-style-type: none"> Check for responsiveness (none) Direct bystander to phone 911 Check breathing (absent) Provide rescue breaths that cause chest rise Check signs of circulation (absent) Provide chest compressions Perform 1-person CPR for 1 minute. Check signs of circulation (absent) Continue CPR for several cycles EMS personnel arrive with an AED and assume responsibility for the victim's care <p>*Office = police officer =</p>

		after delivery of the shock the victim regains a pulse. While being loaded into the ambulance, the victim begins moving.	no call needed (officer is responding to 911 call) *Mall = 911 *High school = 911
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HS Adult CPR—A

Heartsaver CPR: Infant CPR Scenarios—A

Purpose: Management of infant cardiac arrest requiring the performance of CPR by a lone rescuer. The victim is resuscitated after a brief period of CPR.

Setup: Assign 1 participant to function as a lone rescuer who must phone 911 at the appropriate time. The other 2 participants serve as observers.

Scenario	Scenario Assignments/ Discussion	Assessment Findings	Expected Rescuer Actions
1-rescuer infant CPR—A <ul style="list-style-type: none"> Cardiac arrest Bystander not present Rescuer performs 1-rescuer CPR for 1 minute Rescuer leaves and calls 911 after 1 minute of CPR Rescuer continues 1-rescuer CPR on return Signs of circulation and breathing return after several minutes of CPR 	<p>First Round</p> <p>Rescuer: Participant 1 or 4</p> <p>Observer: Participant 2, 3, 5, 6</p> <p>Second Round</p> <p>Rescuer: Participant 2 or 5</p> <p>Observer: Participant 1, 3, 4, 6</p> <p>Third Round</p> <p>Rescuer: Participant 3 or 6</p> <p>Observer: Participant 1, 2, 4, 5</p> <ul style="list-style-type: none"> You take your 2-month-old niece for a walk in the stroller. Suddenly in the middle of the walk you notice that she is blue and unresponsive. You are a sheriff/police officer/first responder on duty when you are dispatched to an anonymous 911 call about a sick baby who is home alone. Upon your arrival you find a 7-month-old girl in her crib, unresponsive. There is no one else in the home. You are a babysitter who is caring for an 11-month-old girl. You check in her crib and notice that the baby is blue and not moving. 	<ul style="list-style-type: none"> Unresponsive Not breathing Signs of circulation absent Phone 911 Signs of circulation return Breathing returns 	<ul style="list-style-type: none"> Check for responsiveness (none) Check breathing (absent) Provide rescue breaths that cause chest rise Check signs of circulation (absent) Provide chest compressions Perform 1-rescuer CPR for 1 minute After 1 minute of CPR, rescuer phones 911 Perform 1-rescuer CPR for 1e or 2 minutes on return (simulated) Recheck signs of circulation (present) Recheck breathing (breathing returns) <p>*Niece, rescuer makes call = 911</p>

			<div>*Sheriff/police = no call needed (sheriff responding to 911 call)</div> <div>*Babysitter makes call = 911</div>
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HS Infant CPR—A

Heartsaver CPR: Infant (Responsive) FBAO Scenarios—C

Purpose: Management of infant severe or complete foreign-body airway obstruction requiring back blows and chest thrusts by a lone rescuer. The obstruction is relieved before a phone call to 911 is required.

Setup: Assign 1 participant the role of rescuer. Normally 911 is called if the infant becomes unresponsive or the airway obstruction is not immediately relieved and signs of severe or complete airway obstruction are present. But here the airway obstruction *is* relieved before a 911 call is necessary, so both the 2nd and 3rd participants will serve as observers.

Scenario	Scenario Assignments/ Discussion	Assessment Findings	Expected Rescuer Actions
1-rescuer infant FBAO—C <ul style="list-style-type: none"> FBAO Bystander is not present or cannot function Rescuer performs relief of FBAO for responsive infant (back blows and chest thrusts) Obstruction is relieved and infant can breathe normally again 	<p>First Round Rescuer: Participant 1 or 4 Observer : Participant 2, 3, 5, 6</p> <p>Second Round Rescuer: Participant 2 or 5 Observer: Participant 1, 3, 4, 6</p> <p>Third Round Rescuer: Participant 3 or 6 Observer : Participant 1, 2, 4, 5</p> <ul style="list-style-type: none"> You are at home when your 8-month-old daughter picks up something from the floor and puts it in her mouth. Suddenly she begins coughing and wheezing. Her coughs become very faint, and it is clear that she is struggling to breathe. You are a security guard at a daycare center when one of the workers shouts that a baby is choking. You rush into the infant lunch room to find the infant sitting in a highchair and making only high-pitched wheezing sounds with no forceful cough or cry. Animal crackers are scattered on the highchair tray. 	<ul style="list-style-type: none"> Signs of severe or complete FBAO (infant can't cry, cough and voice silent or weak, breathing may produce high-pitched noises or wheezing, lips and fingernails may become blue) Normal breathing resumes when object is expelled 	<ul style="list-style-type: none"> Recognize signs of severe or complete FBAO in infant Pick up infant and lay infant across rescuer's forearm, supporting head lower than body Provide 5 back blows Provide 5 chest thrusts Repeat back blows and chest thrusts until object expelled or infant becomes unconscious The object flies out of the infant's mouth after the third round of back blows and chest thrusts (normal breathing resumes)

	<ul style="list-style-type: none">You stop by a fast-food restaurant just before closing time. Suddenly a mother shouts that her infant son has choked on a french fry. You run to the infant and find him struggling to breathe but not making a sound.		
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HS Infant FBAO—C

Heartsaver CPR: Child CPR Scenarios—A

Purpose: These scenarios present the problem of cardiac arrest in the child, requiring the performance of CPR with bystanders present. The victim regains signs of circulation but continues to require rescue breathing.

Setup: Assign 1 participant to function as a rescuer, 1 to function as a 911 caller, and 1 to serve as an observer.

Scenario	Scenario Assignments/ Discussion	Assessment Findings	Expected Rescuer Actions
1-rescuer child CPR—A <ul style="list-style-type: none"> Cardiac arrest Bystander is present Rescuer directs bystander to call 911 Rescuer performs 1-rescuer CPR for 1 minute Signs of circulation do not return Rescuer performs 1 or 2 more minutes of 1-rescuer CPR Signs of circulation return Breathing does 	First Round Rescuer: Participant 1 or 4 911 call: Participant 2 or 5 Observer: Participant 3 or 6 Second Round Rescuer: Participant 2 or 5 911 call: Participant 3 or 5 Observer: Participant 1 or 4 Third Round Rescuer: Participant 3 or 6 911 call: Participant 1 or 4 Observer: Participant 2 or 5	<ul style="list-style-type: none"> Unresponsive Not breathing Signs of circulation absent Signs of circulation absent Signs of circulation return Breathing does not 	<ul style="list-style-type: none"> Check for responsiveness (none) Direct bystander to phone 911 Check breathing (absent) Provide rescue breaths that cause chest rise Check signs of circulation (absent) Provide chest compressions Perform 1-rescuer CPR for 1 minute (simulated) Recheck signs of circulation (absent) Continue 1-rescuer CPR Recheck signs of circulation (present) Recheck breathing (breathing not present) Continue rescue
	<ul style="list-style-type: none"> You are a librarian/teacher who is working with a small group of children. A 5-year-old girl suddenly collapses in her chair. A bystander who does not know CPR is present. 		
	<ul style="list-style-type: none"> You are a camp lifeguard/counselor on duty at a camp. You are at the pool and see a 6-year-old girl submerged in the pool. You remove her from the water and place her on the pool deck. A bystander who does not know CPR is present. 		

<p>not return (requiring continued rescue breathing)</p>	<p><i>The instructor may wish to explain that cardiac arrest will follow respiratory arrest in a submersion incident if duration and hypoxia are significant.</i></p> <ul style="list-style-type: none"> You are a bus driver/tour guide. You hear a woman scream for help, and you see her 3-year-old son become motionless in his stroller. A bystander who does not know CPR is present. 	<p>return (requiring continued rescue breathing)</p>	<p>breathing</p> <p>*Library/school = 911</p> <p>*Camp = 911 unless other emergency number is available</p> <p>*Bus driver/tour guide = 911</p>
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HS Child CPR (B)

